



# IRONWOOD

---

## BUSINESS CONSULTING

### **Personalized Risk Assessment for Restaurant Cooks/Chefs/Back of House**

Heat stress is a significant concern in restaurant kitchens, where high temperatures, humidity, and physical activity can lead to discomfort, fatigue, and serious health problems. This personal risk assessment is designed to help restaurant cooks identify potential hazards and implement appropriate safety measures to minimize the risk of heat stress.

#### **1. Personal Information:**

- a. Name:
- b. Age:
- c. Gender:
- d. Weight:
- e. Height:

#### **2. Medical History:**

- a. Have you ever experienced heat stress or heat-related illness (e.g., heat exhaustion, heat stroke)?
- b. Do you have any pre-existing medical conditions that may increase your risk of heat stress (e.g., obesity, heart disease, high blood pressure, diabetes)?
- c. Are you taking any medications that may affect your body's ability to regulate temperature (e.g., diuretics, antihistamines, blood pressure medications)?

#### **3. Work Environment:**

- a. Type of kitchen (e.g., small, large, open, closed)

- b. Average temperature in the kitchen
- c. Average humidity level in the kitchen
- d. Presence of air conditioning or ventilation systems
- e. Duration of typical work shifts
- f. Frequency and duration of breaks during work shifts

**4. Personal Protective Equipment (PPE):**

- a. Type of clothing worn during work (e.g., light, breathable fabrics, or heavy, non-breathable fabrics)
- b. Use of heat-resistant gloves, aprons, or other protective gear
- c. Availability and use of cooling vests or neck wraps

**5. Work Activities:**

- a. Physical demands of your job (e.g., standing for long periods, lifting heavy objects, repetitive tasks)
- b. Proximity to heat sources (e.g., ovens, stoves, grills, fryers)
- c. Frequency and duration of exposure to high temperatures or humidity

**6. Hydration and Nutrition:**

- a. Frequency of water consumption during work shifts
- b. Availability of cool water or electrolyte drinks in the workplace
- c. Meal breaks and food intake during work shifts

**7. Training and Awareness:**

- a. Have you received training on heat stress prevention and management?
- b. Are you familiar with the signs and symptoms of heat stress and heat-related illnesses?

After completing the assessment, review your responses and identify areas where improvements can be made to reduce your risk of heat stress. Implement preventive measures such as wearing breathable clothing, taking regular breaks, staying hydrated, and receiving proper training on heat stress management. In addition, consult with your employer or a safety professional to address any concerns and make necessary changes in your work environment.

**This assessment is for employee personal use ONLY. This assessment is NOT to be turned in to employers and any findings are solely for the purpose of educating each individual employee on additional risks they may face in the workplace if they choose to complete it. This tool is meant **ONLY** as a helpful resource for employees and results should remain confidential.**